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and have the window open, than to toss about in a close room breathing the same air over and over again. One or two inches at the top of the window will give the desired freshness, and the bed may be surrounded by a screen, or the air let in through a window in the adjoining room.

Should the patient suffer from insomnia, nothing—with the exception of narcotics—will prove of so much service as a cool, airy sleeping-room. I have always noticed that on the rare occasions when sleep will not come at my bidding it has been because my room did not have a good circulation of air, and as soon as I have taken the trouble to get out of bed and open the window I have been rewarded by a quiet, refreshing sleep.

When nursing infectious diseases, good ventilation should be arranged for as being of almost more importance than anything else. It will help to reduce the temperature, soothe the patient, prevent the peculiar odor which accompanies some diseases from permeating the room, and it is a positive and most valuable aid in disinfection.

(To be continued.)

NEW YEAR'S EVE

By WILFREDA BROCKWAY

St. Luke's Alumnæ, Chicago

COLD and silent lies the earth,
Waiting for the New Year's birth,
And the Old Year, breathing slow,
Lingers, watching, loath to go.

Sad the old man stands and sighs,
For when morning lights the skies,
Ended then will be his reign,
Ended all his joy and pain.

Did the Old Year bring us sighs,
Let him take them ere he dies,
Lock them safely in the past,
Let oblivion hold them fast.

We will greet the glad New Year
With our hearts all free from fear;
Faith—the welcome in our eyes,
Courage true that never dies.